

EXERTIVE

Meaning: Exertive: characterized by the application of force or effort, often in the context of physical or psychological influence.

1. The exertive nature of the athlete was evident in every competition she entered.
2. In psychology, an exertive approach can lead to more effective motivation techniques.
3. His exertive leadership style often inspired his team to push beyond their limits.
4. The exertive force applied during the experiment was carefully measured for accuracy.
5. To achieve the best results, exertive effort must be balanced with proper recovery.

Source: sentences.whatistheurl.com

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